



41. Oster-Ilsetalllauf

Ilseburg / 30.03.2024

Detailed evaluation

Stefan Nagels

Number: 127

Course: 16.50 km
16,5 km - Lauf

Category:
Senioren M40 (40-44) A

Total time: 1:39:10

Speed: 9.68 km/h

Running performance: 6:00 min/km

Rank in course/Total: 122 (of 198)

Rank in course/Men: 98 (of 144)

Best time in course: 1:02:25

Rank in category: 18(of 22)

Best time in the category: 1:07:11

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Abzweig Tännental	4.00	22:06	5:31	15	5:21	75	6:52	4.00	22:06	5:31	15	5:21	75	6:52
Plessenburg	3.00	28:45	9:35	18	10:43	104	11:43	7.00	50:51	7:15	18	16:04	96	18:35
Abzweig rote Brü	3.00	21:19	7:06	18	8:00	110	8:56	10.00	1:12:10	7:13	18	24:04	98	27:31
Ilseburg/Markt	6.50	27:00	4:09	14	7:55	86	9:14	16.50	1:39:10	6:00	18	31:59	98	36:45